

C. Claim Amendments

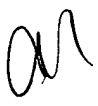
Claims 1-4 (Cancelled)

5. (New) A flip-flop bicycle pedal, comprising:

- a. a main body pivotable about a transverse axis and having a spindle bolt for connecting to a bicycle, a top side and a bottom side;
- b. said top side having a first top toe cleat clamp which conforms to a bottom of a road type bicycle shoe cleat, the first top toe cleat clamp having a front recess for receiving a front tongue of the road type bicycle shoe cleat, said top side also having a first top rear spring-loaded retaining plate pivotable on said main body, the first top rear spring-loaded retaining plate having a recess for receiving a rear tongue of the road type bicycle shoe cleat and when a force is applied to the first top rear spring-loaded retaining plate, the first top rear spring-loaded retaining plate moves away from said main body such that the rear tongue engages the recess of the first top rear spring-loaded retaining plate, where the first top rear spring-loaded retaining plate springs back into a locking position, and thereby locks the rear tongue of the road type bicycle shoe cleat thereto; and
- c. said bottom side having a second bottom toe cleat clamp which is smaller than said first top toe cleat clamp of said top side and conforms to a bottom of a mountain bicycle type shoe cleat, the second bottom toe cleat clamp of said bottom side having a front locking member located adjacent to said front top rear spring-loaded retaining plate of said top side for receiving a front tongue of the mountain bicycle type shoe cleat, said bottom side also having a second bottom rear spring-loaded retaining member pivotable on said main body such that a rear tongue of the mountain bicycle type shoe cleat engages inside a recess of the second bottom rear spring-loaded retaining plate of said bottom side, where the second bottom rear spring-loaded plate of said bottom side springs back into a

25 locking position, and thereby locks the rear tongue of the mountain bicycle type shoe cleat thereto.

6. (New) A bicycle pedal, comprising:

- 5 a. a main body pivotable about a transverse axis and having a spindle bolt for connecting to a bicycle, a first cleat clamp side and a second cleat clamp side;
- b. said first cleat clamp side conforming to a bottom of a road type bicycle shoe cleat and having a recess for receiving a first tongue of the road type bicycle shoe cleat, said first cleat clamp side also having a first spring-loaded retaining plate pivotable on said main body for receiving a second tongue of the road type bicycle shoe cleat and when a force is applied to the first spring-loaded retaining plate, the first spring-loaded retaining plate moves away from said main body such that the second tongue engages the first spring-loaded retaining plate, where the first spring-loaded retaining plate springs back into a locking position, and thereby locks the second tongue of the road type bicycle shoe cleat thereto; and
- 10  c. said second cleat clamp side being smaller than said first cleat clamp side and conforming to a bottom of a mountain bicycle type shoe cleat, said second cleat clamp side having a locking member located adjacent to said first spring-loaded retaining plate of said first cleat clamp side for receiving a first tongue of the mountain bicycle type shoe cleat, said second cleat clamp side also having a second spring-loaded retaining member pivotable on said main body such that a second tongue of the mountain bicycle type shoe cleat engages the second spring-loaded retaining member of said second cleat clamp side, where the second spring-loaded retaining member of said second cleat clamp side springs back into a locking position, and thereby locks the second tongue of the mountain bicycle type shoe cleat thereto.
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7. (New) A bicycle pedal, comprising:

- a. a main body pivotable about a transverse axis and having a spindle bolt for connecting to a bicycle, a first side and a second side;
- b. said first side conforming to a bottom of a road type bicycle shoe cleat and having means for receiving a first tongue of the road type bicycle shoe cleat, said first side also having a first spring-loaded retaining plate pivotable on the main body for receiving a second tongue of the road type bicycle shoe cleat and when a force is applied to the first spring-loaded retaining plate, the first spring-loaded retaining plate moves away from said main body such that the second tongue is retained within the spring-loaded retaining plate, where the first spring-loaded retaining plate moves back into a locking position, and thereby locks the second tongue of the road type bicycle shoe cleat thereto; and
- c. said second side conforming to a bottom of a mountain bicycle type shoe cleat and having a locking member for receiving a first tongue of the mountain bicycle type shoe cleat, said second side also having a second spring-loaded retaining member pivotable on said main body such that a second tongue of the mountain bicycle type shoe cleat is retained within the second spring-loaded retaining member of said second side, where the second spring-loaded retaining member of said second side moves back into a locking position, and thereby locks the second tongue of the mountain bicycle type shoe cleat thereto.

8. (New) The bicycle pedal in accordance with Claim 7, wherein said second side is smaller than said first side.
